

THE  
CLUNY HILL HYDROPATHIC  
COMPANY,  
LIMITED,  
FORRES, MORAYSHIRE.

PHYSICIAN,  
ALEXANDER MUNRO, M.D.







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THESE Buildings stand on the southern slope of one of the beautiful eminences in the immediate vicinity of the town of Forres, after which they are named. In every point of view their situation is so desirable, that it would be difficult to find elsewhere the same combination of advantages.

The Cluny Hills are three, or more properly four, in number, and rise to the height of about two hundred and fifty feet. The most prominent of them, on which is a monument to Lord Nelson, is well wooded ; and in the centre of the group is a deep amphitheatre, completely sheltered from every wind that blows, and, at the same time, owing to the porous character of the soil, free from damp at all seasons of the year. The whole is intersected by miles of well-kept walks, which, as being the property of the Burgh of Forres, are open to the public without restriction of any kind. Alike in the cold of winter and in the



heat of summer, the most delicate as well as the most robust may here enjoy the benefits of exercise to their fullest extent.

The scenery of the district is of the most varied character, presenting views of nature in her loveliest, her grandest, and her wildest aspects. The walks that wind round the Cluny Hills disclose new beauties in the landscape at almost every ascending step, while the views from their summits on a clear day is truly magnificent. The fertile "Laigh of Moray," dotted with hedgerows, fair demesnes, and well-built farm-steadings; the extensive forests of Darnaway and Altyre; the heath-clad hills of the Pluscarden and Romach ranges; the windings of the romantic Findhorn; the sand hills of Culbin; the blue waters of the Moray Frith; and right opposite, and stretched out as it were in panoramic grandeur, the whole mountain system of the North Highlands, from the shores of Loch Ness to the most distant of the Caithness Hills, with the massive form of the lofty Ben Wyvis conspicuous in the foreground,—all meet the eye in succession, and form a prospect perhaps unequalled in its kind. "It is worth all the trouble of a voyage from London to see this view alone," writes the late Charles St. John, Esq., speaking of the same prospect as seen from another spot. "Far and wide may you travel without finding such another combination of all that is lovely and grand in landscape scenery—wood and water, mountain and cultivated ground, all in their most beautiful forms, combine together to render it pre-eminent."



To those in search either of health or pleasure, the neighbourhood of Forres affords many attractions. Foremost among them must be placed the banks of the “rapid and glorious Findhorn—the very perfection of a Highland river,” with a profusion of scenery which has been pronounced unrivalled by Sir Thomas Dick Lauder—than whom few were better qualified to give an opinion on such a subject. “In truth,” he says, “I know no river scenery in great Britain at all to be compared in sublimity to that of the Findhorn. Indeed it rises more into that great scale of grandeur exhibited by some of the Swiss gorges than anything I have ever met with at home.” Other objects or places of interest are Sueno’s Stone, the admiration and the puzzle of the antiquary; Dalvey Gardens, which contain one of the choicest collections of rare and beautiful exotic plants to be met with in the kingdom; the ruins of the Abbey of Kinloss; Darnaway Castle, the seat of the Earl of Moray; Altyre House and Grounds, the seat of Sir A. P. Gordon Cumming, Bart.; the Romach Loch; and those immense mounds of ever-shifting yet never departing sand, that cover what was two centuries ago the fertile estate of Culbin. More distant, but within easy reach by railway or otherwise, are Elgin, with the ruins of its noble Cathedral; the Priory of Pluscarden, beautifully situated in the valley of the same name; the remarkable promontory of Burghead, still crowned by traces of ancient fortifications; the perpendicular rocks and caves of Covesea; the “Blasted Heath,” or rather all that now remains of it, sacred to the “weird

sisters" of immortal memory; Gordon Castle, the seat of the Duke of Richmond; Cawdor Castle, the seat of the Earl of Cawdor, and an almost perfect example of an old baronial mansion; the Divie Viaduct on the Inverness and Perth Junction Railway; the field of Culloden; Fort-George; the town of Inverness; and the shores of the Bay of Cromarty, guarded by its "Sutors," and made classic by the pen of Hugh Miller.

For its mild and genial climate the county of Moray has long been celebrated. Modern writers can but repeat the testimony borne in its favour by the early historians of Scotland, and the records of meteorology amply confirm the truth of their statements. Observations lately made, and extending over a series of years, show a temperature higher than the average of Scotland during the winter, spring, and autumn months, and slightly lower during those of summer—a result for which one would scarcely be prepared, judging from its position in the map. For the same period, the quantity of rain that fell in Moray was considerably less than the mean rain-fall of Scotland.

Erected expressly for the purposes of a Hydro-pathic Establishment, and of a summer and winter residence for visitors and invalids, the Cluny Hill Buildings contain spacious Dining and Drawing Rooms, several Private Parlours, and ample Bed-Room accommodation for more than sixty inmates—all of them furnished in the most substantial and elegant manner. There are Lawns for Croquet and other

amusements; and in addition to the walks on the adjoining hills, which may be considered as attached to the establishment, extensive Pleasure Grounds, tastefully laid out. The exposure is southern, and completely protected from the north and east winds.

Connected with the House are two Turkish Baths, and other Hydropathic appliances in great variety, made and fitted up after the most approved plans. The names, nature, and uses of these are so well known, that a particular description of them is unnecessary. The Bath Rooms can be entered from the House without going out of doors, and, when necessary, can be heated by means of the Turkish Baths.

The value of Hydropathic treatment, combined with change of scene and residence in a pleasant and healthy locality, is now well known and widely appreciated. Its efficiency as a curative agent in many forms of disease has been placed beyond dispute. Judiciously administered, it often proves a remedy when all others fail; and the misapprehensions, not to say prejudices, with which, like every innovation on established practices, it had at first to contend, are rapidly disappearing one by one. Medical Science in all its branches has undergone a great revolution during the last thirty years; the existence of a healing power in nature is more freely recognised, not only in theory, but also in practice; and among the various agents which may be safely employed to strengthen this power when weakened,



or to call it into exercise when dormant, none, it is believed, possesses the advantages of Water, or can produce such wonderful results.

The Cluny Hill Establishment has been placed under the management of Alexander Munro, M.D., late of Loch-Head, Aberdeen, as Resident Physician, whose long and extensive experience, and intimate acquaintance with Hydropathic treatment in all its modifications and details, eminently qualify him for the charge.

The domestic arrangements are superintended by Mrs. Munro; due order and regularity are maintained in every department; the Bill of Fare is on a liberal scale; and every attention is paid to the comfort both of patients and visitors.

The recent extension of the railway system has made Forres one of the most accessible towns in the northern division of the kingdom. From Perth, and all places south of it, the nearest and most convenient route is by the Inverness and Perth Junction—*via* Dunkeld, Blair-Athole, the Grampians, Kingussie, and Grantown; by means of which it can be reached in little more than four hours after leaving that city. At Forres the Inverness and Perth joins the coast-line, which extends to Inverness and the borders of Sutherland on the one hand, and to Aberdeen and the east coast on the other. Edinburgh and Aberdeen have also regular communication by steam with the adjoining ports of Findhorn and Burghead, both of which are connected to Forres by rail.

## REGULATIONS.

Breakfast at Half-past Eight o'clock. Dinner at Half-past One, and Tea at Half-past Six. On Sabbath, Dinner at a Quarter past One, Tea at Five o'clock.

The Bell is rung a Quarter of an hour before each Meal, and the Gong at the time for commencing.

Parties take their places at Table in the order of their arrival at the Establishment, commencing at the lower end. Punctuality in coming to Meals is expected. No meals can be served in Private Rooms within Half-an-hour before, or Half-an-hour after the public meal.

Worship immediately after Breakfast, and in the evening at Nine o'clock.

Gas turned off in Public Rooms at Ten o'clock, and from Bed-Rooms at Eleven o'clock, p.m. Patients and Visitors are requested to turn off the Gas in their Rooms immediately after they have done using it, and to be careful to see that it is *quite* turned off before going to Bed.

As disturbance when falling asleep is so hurtful to delicate Patients—involving the loss of sound sleep for half the night—it is indispensable that perfect quiet be maintained in all parts of the House after a Quarter past Ten o'clock at night. All talking in lobbies, staircase landings, &c., and rapping of doors, are strictly prohibited. Those requiring evening treatment should retire to their Bed-Rooms at Nine.

Patients are requested to be prepared for their Baths at the hours mentioned by the Bath Attendants, who take them in the order of their arrival. The Bath Attendants having to rise early, no service must be expected from them after Half-past Nine p.m.

Visitors are expected to conform to the Rules of the House, and are not allowed to bring to Table anything forbidden to Patients.

No Smoking allowed in any part of the Establishment.

Excursions and Pic-Nic parties to places of interest in the neighbourhood are encouraged. For obvious reasons it is expected that on all such occasions strict economy will be observed in the arrangements. It is specially requested that no Wines or Spirituous Liquors be introduced.

Those wishing their Rooms kept for them during a week's absence, will be charged One Guinea; if absent only a few days, no deduction will be made from the usual weekly charges.

Consultation on Monday, Tuesday, Thursday, and Friday, from Ten to Half-past Eleven a.m. Patients admitted in the order of their arrival at the Establishment. Special Consultations at any other hour, by arrangement, as Patients may find it necessary.

As the hours devoted to consultation are strictly *business* hours, and as a delay of minutes is a serious hardship to those who are waiting for admission, it is understood that no *general* conversation can be entered upon in the Consulting Room, and that the Patient is expected to retire as soon as the Doctor

has handed the prescription, and ceased asking questions.

Accounts rendered on Wednesday. Attendance given in the Steward's Room to receive payments from Three to Four o'clock. The day of arrival is charged as a whole day; the day of departure is free.

Patients are recommended to bring with them a blanket, three sheets, and two towels, for bathing purposes. When it is inconvenient to do so, these articles can be had at the Establishment for a small charge per week.



## TERMS FOR PATIENTS AND VISITORS.

## FOR PATIENTS.

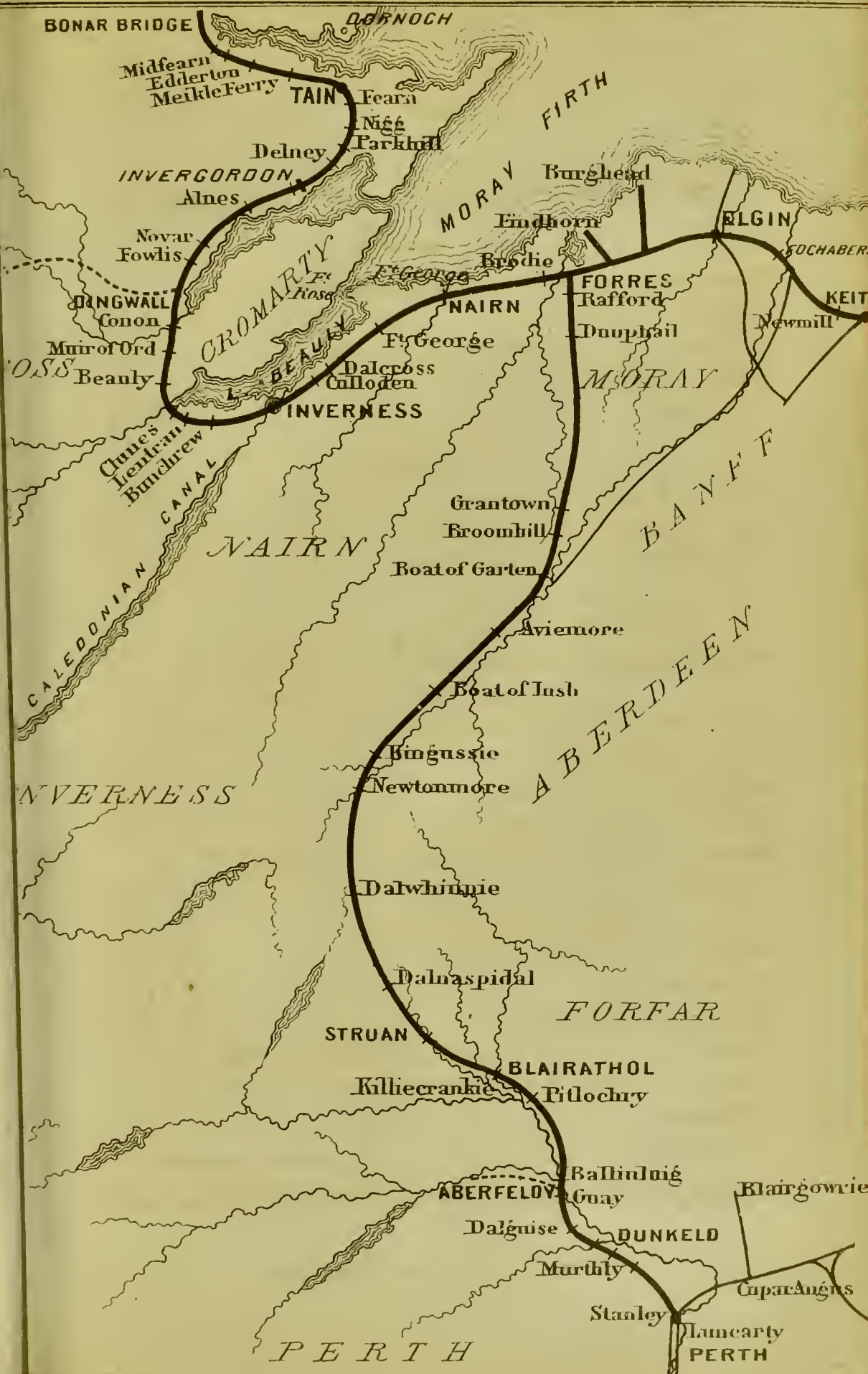
Board, Lodging, Medical Attendance, Baths and			
Bath Servants, <i>per week</i> ,	£2	2	0
Patients under 12 years of age, <i>per week</i> ,	1	5	0
First Consultation Fee (renewable after a year's absence),	0	10	6

## FOR VISITORS.

Board and Lodging, <i>per week</i> ,	£1	15	0
„ accompanying a Patient,	1	10	0
„ for Children under 12 years,	1	0	0
„ Private Man Servant,	1	5	0
„ Private Maid Servant,	1	0	0
Private Sitting-Room, <i>per day</i> ,	3s. 6d. to	0	4 6
„ „ <i>per week</i> ,	21s. 0d. to	1	10 0
Fire in Private Sitting-Room, <i>per week</i> ,	0	6	6
Fire in Bed-Room,	0	5	0
Single Breakfast or Tea,	0	1	6
Dinner at Public Table,	0	2	6
Serving Meals in Private Rooms, for a Family,			
<i>per day</i> ,	0	2	6
Do. for Single Visitors, <i>per day</i> ,	0	1	0
Baths, One a Day, <i>per week</i> ,	0	6	0
Single Bath,	0	1	0
Single Turkish Bath,	0	1	6
Breakfast or Tea out of the Public-Room, or at any other than the appointed hours, 6d., and Dinners 1s. extra for each person.			

SERVANTS ARE INCLUDED IN THE ABOVE CHARGES.

*A few superior Bed-Rooms, Two Guineas and a half per week.*



BONAR BRIDGE

DORNNOCH

Midfearn  
Edderton  
Meikle Ferry

TAIN

Fearn  
Nigg  
Parkhill

Delney

INVERGORDON

Alnes

Novar  
Fowlis

DINGWALL  
Conon

Muir of Ord

ROSS  
Beauly

CROMARTY

INVERNESS

CUNES  
Heintrean  
Bundrew

CALEDONIAN  
CANAL

NAIRN

INVERNESS

MORAY  
FIRTH

Burghead

Finchhorn

Brodie

ELGIN

FOCHABER

FORRES  
Rafford

Douphail

KEITH

Newmill

MORAY

For George

For George

Dalcross  
Culloden

Grantown  
Broomhill

Boat of Garten

Aviemore

Boat of Tush

Bingussie

Newtonmore

ABERDEEN

Dalwhinnie

Dalnaspidal

STRUAN

FORFAR

BLAIRATHOL

Killiecrankie

Pitlochry

ABERFELDY

Balindraig  
Guay

Blairgowrie

Dalgwise

DUNKELD

Murthly

Cupar Angus

Stanley

Blancarty  
PERTH

PERTH





